

# DBT Skills Training



Do you have emotions that seem overwhelming or hard to control? When you're upset, do you act in ways that get you into trouble? Are your relationships unstable? Do you have frequent self-destructive thoughts or behaviors?

If so then Dialectical Behavioral Therapy (DBT) skills may be helpful for you. DBT teaches life skills for a happier, healthier life—a life that is worth living. DBT skills include:

- Emotion regulation: Manage feelings and moods better
- Distress tolerance: Cope effectively with crises without making things worse
- Interpersonal effectiveness: Achieve healthy balance in relationships
- Mindfulness: Live life in an aware, non-judgmental way

To join, you should have a therapist with The Everett Clinic and insurance covering group therapy. Skills training typically lasts six months. To register, call 425-339-5453.

## GROUPS

### **Mondays in Silver Lake**

■ Justin Steffener, PsyD  
6 - 7:30 pm

### **Wednesdays in Everett**

■ Hillary Russell, PhD  
4 - 5:30 pm

### **Wednesdays in Shoreline**

■ Laura Macleod, PhD  
6 - 7:30 pm

### **Thursdays in Marysville**

■ Hillary Russell, PhD  
4 - 5:30 pm

[everettclinic.com/classes](http://everettclinic.com/classes)

**The Everett Clinic**  
For the whole you.